



# The Power of Positivity...

Or...Maslow was definitely on to something!



IF YOU'RE GOING TO GET ANY  
JOY OUT OF BEING DEPRESSED,  
YOU'VE GOT TO STAND LIKE THIS..



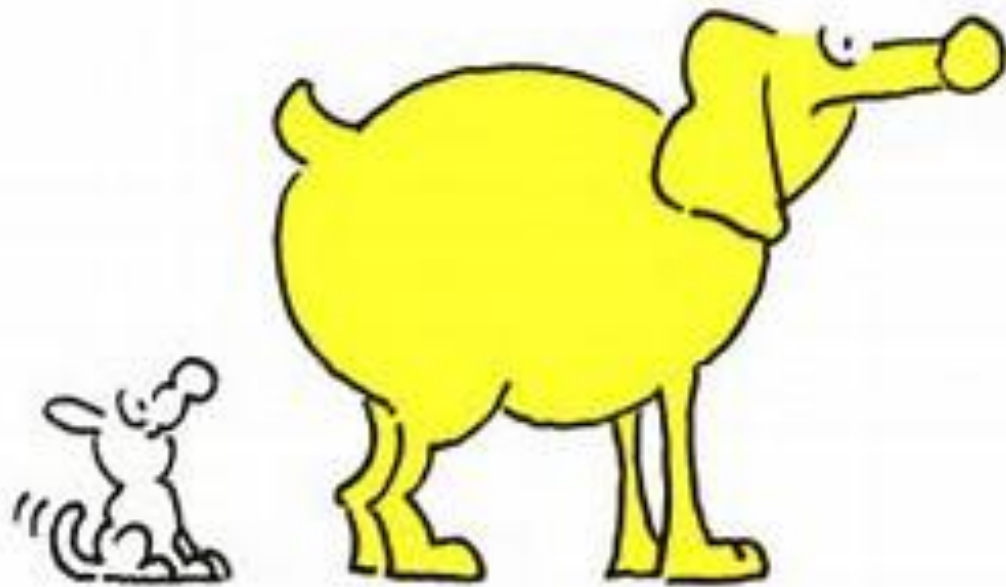
**Stop being  
afraid of being  
happy!**



# Our Gurus

- Abraham Maslow –
  - Hierarchy of Need
- Jo Ann Cannon –
  - What's Right with Your Life –  
15 contributing factors for high level wellness
- Various contemporary songwriters





THINK POSITIVE

Change your  
thoughts and you  
can change your  
world!



# The Top 5

- Basic Needs
- Safety Needs
- Social Needs
- Esteem Needs
- Fulfillment Needs





*"You tested positive for being negative."*



Quit worrying about what  
could go wrong and start  
being positive about what  
could go right!



# “All I Need is the Air that I Breathe...”

## ➤ Basic Needs –

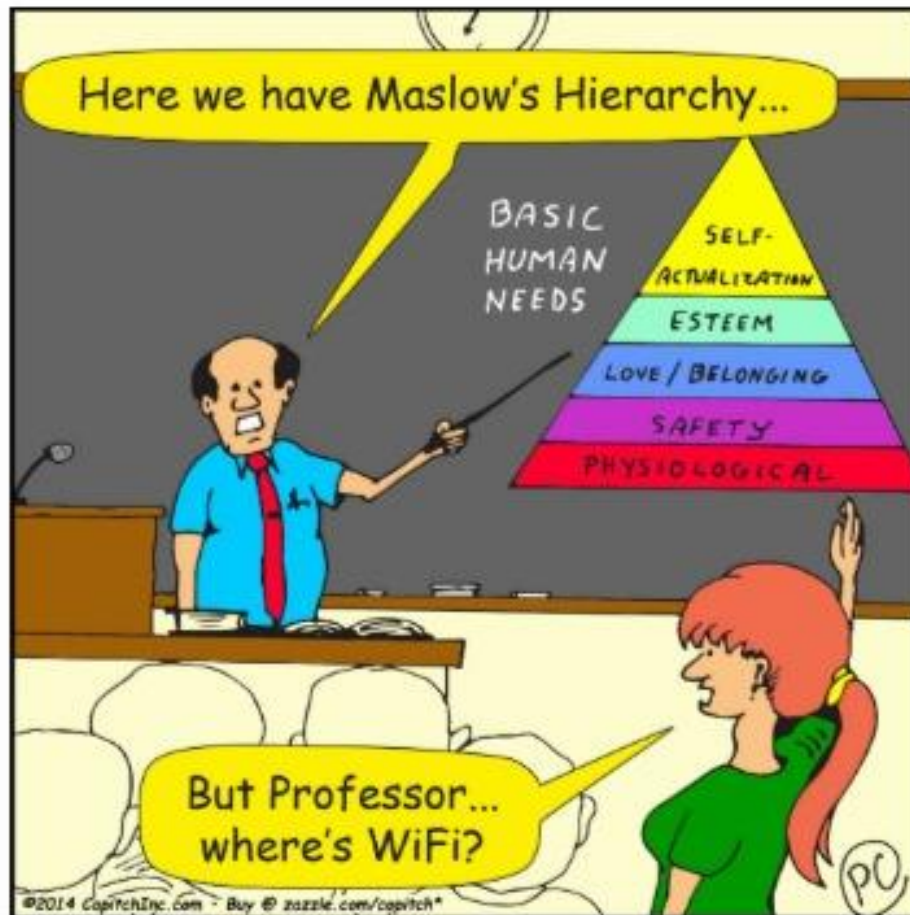
- Air
- Water
- Food
- Time
- Homeostasis
- Intellectual Stimulation



# Assignment Time



- Make a “Yes I Can” Plan - including
  - Balanced nutrition and regular exercise,
  - Stress management strategies,
  - Rest and relaxation,
  - Brain games.



**You can't live a  
Positive life with a  
Negative mind.**



# “Money, Money, Money, Money – MONEY!”

## ➤ Safety Needs -

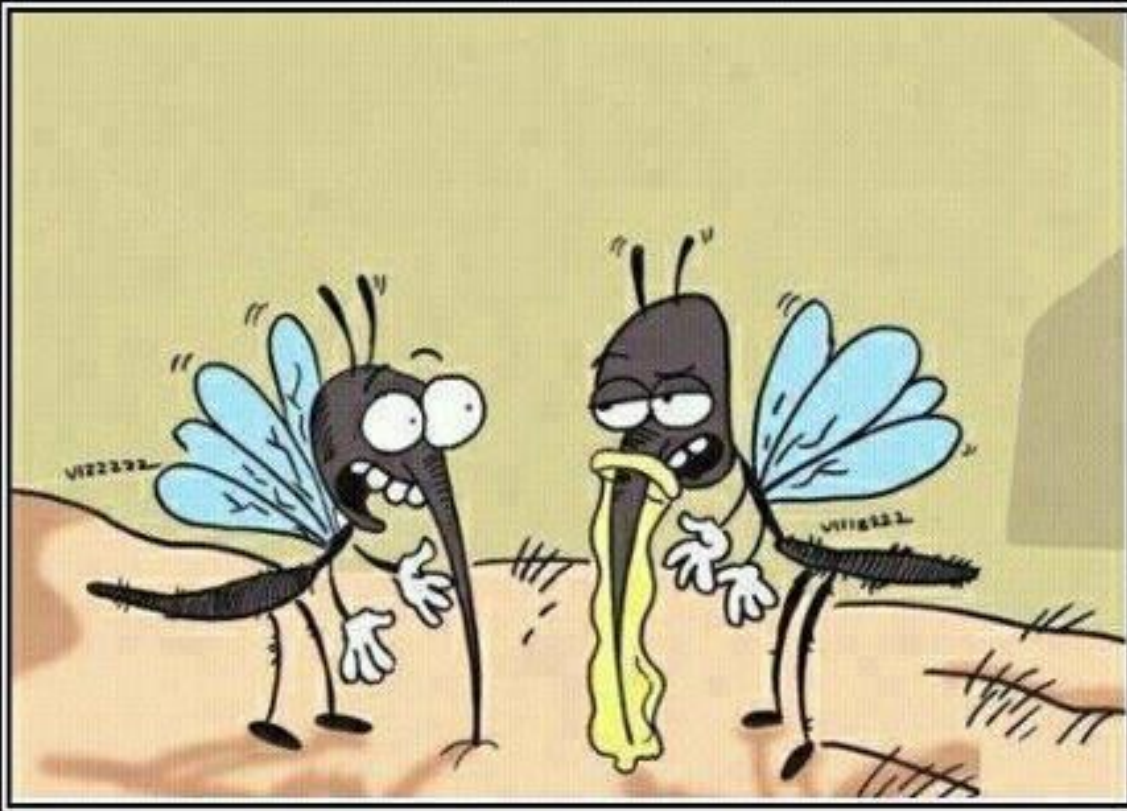
- Financial Security
- Family Security
- Personal Security
- Family Health
- Personal Health and Well-being





# Assignment Time

- Negotiate a manageable family budget and stick to it.
- Get that check-up or screening you've been putting off.
- Deal with the worries that you can and try to let go of the rest.



Safety first



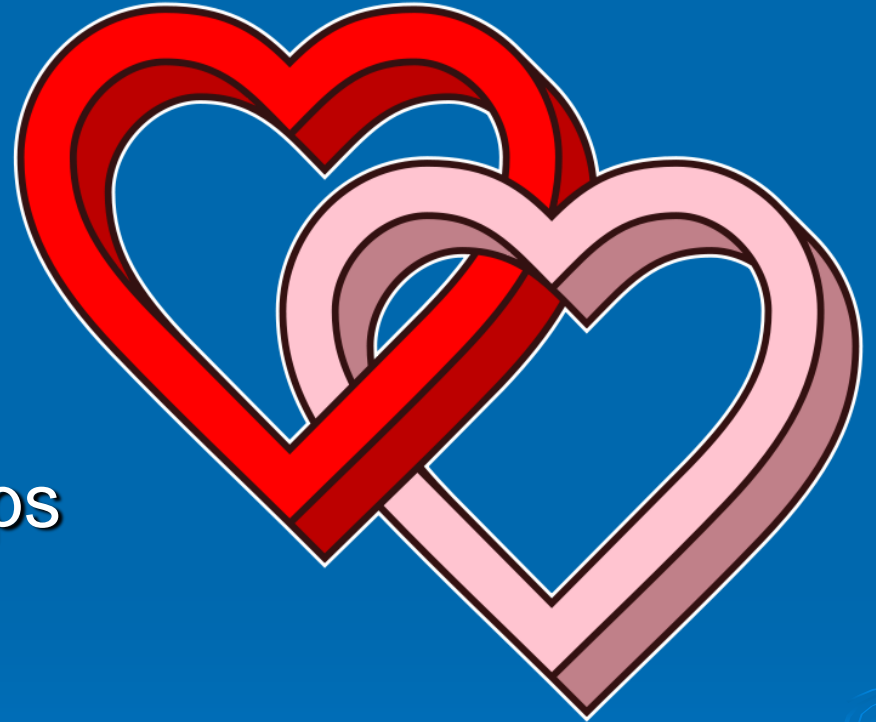
*Being Positive  
and doing Nothing  
will generate  
Nothing!*



# “All you need is LOVE...”

## ➤ Social Needs

- Love
- Belonging
- Fulfilling relationships
- Physical contact
- Intimacy



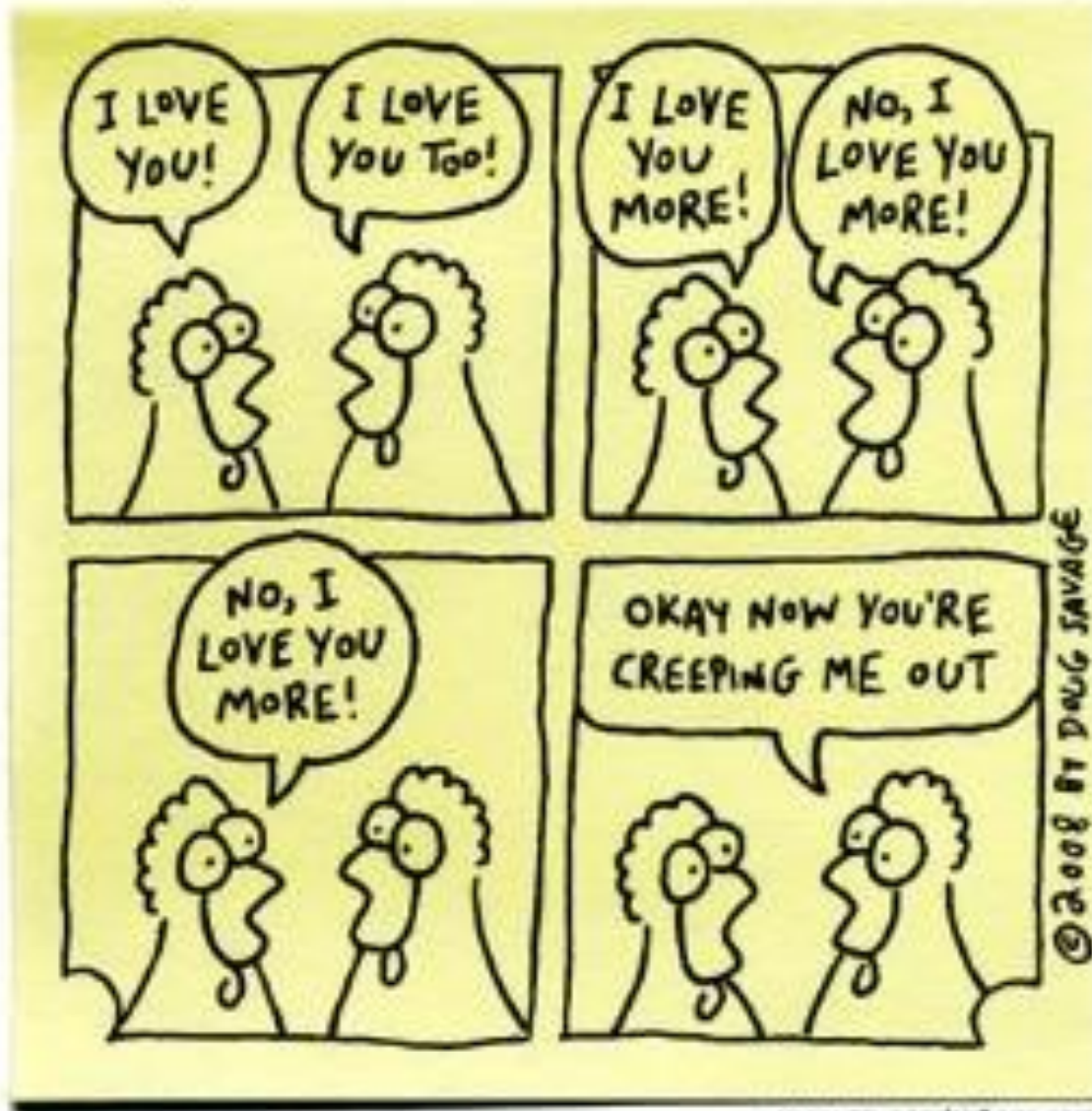
# Assignment Time



- Remember that “Love” is a verb as well as a noun. It’s something you do or show as well as something you feel.
- Practice “random acts of kindness” every day. Pay it forward.
- Buy a sexy nightie (and wear it!)

# Savage Chickens

by Doug Savage



Positive thoughts are not enough.  
You also need Positive feelings  
and Positive actions.



# I'm Too Sexy for My Shirt...

## ➤ Esteem Needs -

- Self-esteem
- Confidence
- Respect – for self, others, nature
- Positive outlook
- Goal accomplishment
- Work satisfaction





# Assignment Time



- Look in the mirror every morning and tell your reflection, “Good morning, you sexy thing! What a beautiful day. Can’t wait to get started!”
- Say something nice about someone else, behind their back, every day.
- Recycle. Conserve water/resources.
- Set goals and celebrate accomplishments.



**Be the reason  
someone  
smiles today!**



# To Dream the Impossible Dream...

## ➤ Fulfillment Needs –

- Spirituality
- Morality
- Creativity
- Acceptance
- Understanding

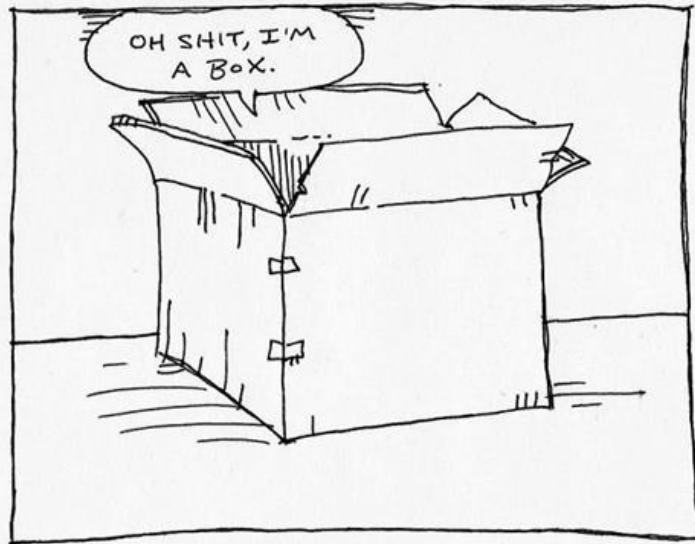
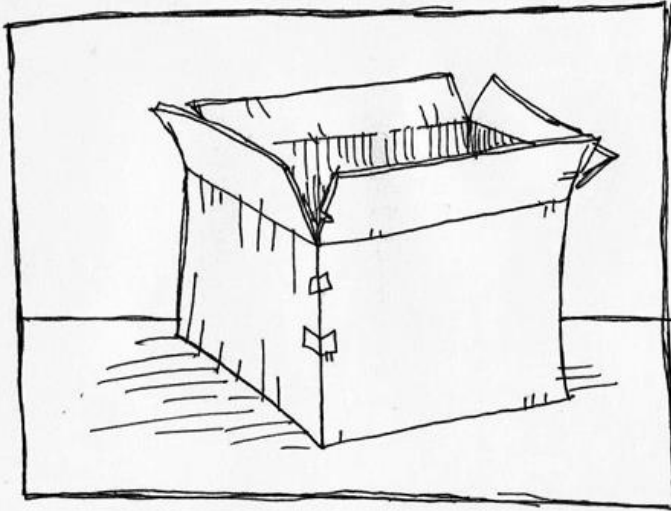




# Assignment Time

- Pray, meditate, or contemplate life, the universe, and your part in it, every day.
- Find something that you love to do and learn to do it well.  
Cultivate creative expression.
- Don't expect everyone to be like you – allow them their uniqueness.

# SELF AWARENESS



**Doubt kills more  
dreams  
Than failure ever  
will.**

# So, Where are YOU now?



- I've got the basics covered already.
- Threatened? Insecure? Me? Never.
- I'm a lover not a fighter.
- "RESPECT" is my theme song.
- Yes, indeed, I dare to dream!

## POSITIVE THINKING

THIS IS THE CHANCE I'VE BEEN  
WAITING FOR. I'VE GOT TO START  
BELIEVING IN MYSELF.....I MEAN  
WHO CARES IF I LOOK  
LIKE A POTATO



GOLIN DUKELOW

*The positive thinker –  
Sees the invisible,  
Feels the intangible,  
Achieves the  
impossible.*



# Thanks to -

- The Hollies
- The O'Jays
- The Beatles
- Right Said Fred
- Frank Sinatra
- Aretha Franklin





# Your facilitator

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One final thought...

**Don't let anyone  
steal your joy!  
(Especially yourself.)**